

ON GUARD

163d RECONNAISSANCE WING (ANG) MARCH ARB, CALIFORNIA

April 2012

est. February 1980

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The 163d Reconnaissance Wing Facebook

Visit www.facebook.com/163rw

163d personnel gather around a static Predator as Col. Manley briefs General Witham on the Field Training Detachment operation at March Air Reserve Base, Calif.

Photo by Tech. Sgt. Diane Ducat

The Spirituality Within You

Master Sgt. Heather Simpkins
163d Chaplain Corps

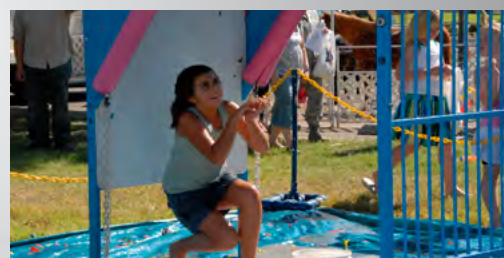
The interpretation of Spirituality is so immense that it cannot be nailed down to one definition. It means so much, but it is defined only by the individual. Whether you choose to believe in it or not, spirituality is within you. It is that force that drives people to never give up hope, or it is that voice within that pushes us in a new direction. Look down to the very core inside, the gut, and there find your own spirituality. It does not necessarily come from organized religion but some choose organized religion to feed their own spirituality. Others may find ways to feed their spirituality while on a lake, in a garden, or during yoga meditation. Sometimes when affected by a loss, spirituality is tested and it becomes more clearly defined on what it really means personally. At first, experiencing loss leaves you in a fog and an overwhelming feeling of numbness. Almost like a feeling of being outside of the body and be-

coming a spectator in a bad dream. My spiritual journey has taken me down paths of self-discovery that I could never imagine would happen to me. When I experienced my own loss I felt moments of panic, almost like the loss was reoccurring. What my personal spirituality taught me was that after you lose a loved one, they can linger with you for a certain amount of time to help you get through it. My loved one felt so close that I would forget that they were gone. After enough time passed, the soul of my loved one departed to their eternal home only to check on me periodically. It may not fundamentally be what everyone believes, but this is what my spirituality has guided me to believe. Life can be extremely difficult, but life was not meant to be easy. What could possibly be learned by a life of infinite bliss? The tears I have shed, I earned every one of them throughout my journey, and they give me a perspective that is not attained by everyone. Just like in the military we earn our stripes or rank, in life, we earn our tears.

It takes more tenacity to show your grief than to not exhibit it at all. Reaching into one's own spirituality and becoming closer to it can help reveal a glimpse of the meaning in your life and give purpose to what you were sent here to do. Start with doing the things that you love, and the belief that nothing is impossible. If there are roadblocks, then choose another path and do not give up that ambition inside, even if you are afraid where it may lead. Finding what drives your passion is beneficial to feeding the soul and the overall health of the body. Everyone has a talent that they are good at and that skill can be utilized to help others. Sometimes opportunities present themselves and at moments notice only two seconds to make a decision. If so, decide to take the path to embark on new ventures. Don't get so lost in life forgetting the kid inside and have fun whenever possible because we only have one shot at this life, so make it awe-inspiring.

Family Day in June

Come and join the fun at the 163d Reconnaissance Wing's annual Family Day, June 2, from 12 p.m. to 4 p.m. at the Black Forest. Festivities include bouncers, a Petting Zoo, a Static Predator Display, Games, Pinatas, Volleyball, face Painting, hotdogs, hamburgers and more. To volunteer, call Debbie Hambrick at (951) 655-2165.



Sexual Assault And Prevention

Master Sgt. Shirley Hunter
163d Logistics Readiness Squadron

Close your eyes and take a few breaths. Imagine yourself arriving at your first duty station; young, full of life, eager to meet new people and fit in. A couple of weeks pass and you begin to hang out and go places with other airman on the base. On one particular evening you end up hanging out with one individual as opposed the group you've grown accustomed to. You're excited, having fun, laughing, engaging in good conversation, and feeling safe. This individual you are with, ask if you would go to their dorm room with them to get

something, you think, 'what the heck, I'm at the base, we've only been dancing and not drinking,' so you agree. You both walk into the room, when suddenly you are pushed to the floor and sexually assaulted with great force, you black out, waking up feeling every ounce of your body has been violated, you're frightened, frustrated, and angry.

Since you were new to the base you decided not to report this fellow airman for fear of being labeled and judged and you live with being emotionally scarred for life.

Unfortunately, an incident such as this can occur at any time. As General Schwartz, USAF Chief

of Staff, states, "Sexual Assault is criminal behavior that violates the basic tenets of our profession and directly undermines our core values, erodes the trust and confidence upon which our institution is built. All airmen have an enduring responsibility to foster a climate of dignity and respect."

As wingmen we all have had the Bystander Intervention Training (BIT), let's make a commitment to choose to intervene if we witness sexual inappropriateness, sexual aggression or unsafe situations, whether in a work or social environment. It is the responsibility of every military person to take care of one another. Always remember that if one is hurt it affects all.

VETS4WARRRIOS PEER SUPPORT LINE

The Vets4Warriors peer support line, 1-855-838-8255 (1-855-VET-TALK), and website: www.vets4warriors.com provides easy access to supportive, non-attribution conversations with trained veteran peers representing all branches of the military. This team of veteran peers has immediate access to behavioral health clinicians to respond to potentially emergent issues and can offer referrals to local community services, military veteran centers, and military healthcare providers based upon the needs of the service member. A variety of services will be provided to include non-clinical (legal, financial, etc.) and referrals for clinical services (substance abuse, behavioral health, etc.).

Create Your Own Opportunities

Master Sgt. Andrew Romero
163d Operations Group

I've heard it countless times and I'm sure you have as well. Walking down a hallway past offices and cubicles, I overhear that familiar line, "There's no opportunity for me to advance here" or "Why bother with PME? There's no Master slots open". It's true that promotions are limited to predetermined manning allotments and not everyone can become a Chief or superintendent. So, what are you doing to put the odds in your favor? Complaining certainly isn't going to help you. Are you completing your PME as soon as

you can? Are you volunteering for additional duties? Are you contributing to your unit and community on and off duty? Looking for deployment opportunities to hone your job skills? This is what it'll take for your leadership to know you're the best Airman they have when that MSgt slot opens or a special duty assignment such as First Sergeant or Recruiter becomes available. As you may have heard there will be a board for an open First Sergeant position in the not too distant future. I've spoken to numerous TSgt's that I believe would be great candidates. I talk to them, they get excited about the possibility of this great new

opportunity, then I tell them they need to have their NCO Academy completed and I see that look of disappointment, because either it's not complete or worse yet, they haven't even ordered the course yet! Please stay engaged with your supervisor, your education manager, and First Sergeant and let them know what your short and long term goals are and seek advice on how to accomplish them. It's rare when opportunity falls in your lap, usually you must be the one to create opportunity. And for those who think it's about luck, it was Thomas Jefferson who said "I find the harder I work, the more luck I seem to have."

Marriage Enrichment Seminar

Check out the California Guard website for upcoming training opportunities to include Marriage Enrichment and PICK Seminars. You can also contact Master Sgt. Heather Simpkins at x5404.

WWW.CALGUARD.CA.GOV/READYFAMILIES

GRIZZLY GOLF CLASSIC

DATE: 25 June 2012

TIME: 1000


PLACE: Soboba Springs
Country Club

POC'S: Ryan Williams
655-7774
Jim Blucher
655-5809

*Please call one of the above
POC's for more details of
this Grizzly annual event.*



VFW SPONSORED 2012 FAMILY DAY RAFFLE



**GET 4 RECIEVE 1 FREE!
TAKING DONATIONS
NOW!**

\$5.00 PER TICKET

**DRAWING WILL BE HELD AT
FAMILY DAY**

Tickets drawn 2 June 2012

WINNERS MUST BE PRESENT AT FAMILY DAY TO CLAIM PRIZES

**CONTACT
PUBLIC AFFAIRS FOR
MORE INFO X2556**

The Best and The Brightest

High five to SrA Nicholas P. Starkey for completing Airman Leadership school.

A tip of the hat goes to Tech. Sgt. Randall R. Miller for completing NCO Academy.

A job well done to Master Sgt. Moses Alvarado for completing Senior NCO Academy.

Superb job to Captains Alexander J. Goldberg and Reynold A. Tanuwidja for completing Squadron Officers School.

Congratulations to the following members who received 90 percent or better on their CDC End-of-Course testing: Maj. Michael Gerndt, Staff Sgt. Eric Tremaine, and Staff Sgt. Daniel Stephens.

Great job Grizzlies!

Congratulations "Grizzly" Promotions



Thomas Hagen
196 RS

Aaron Lay
210 WF



Julio Macias
210 WF

Marco Lopex
AMXS

Aaron Fernandez
AMXS

Tolisha Alston
OSS



Tyler Sarty
AMXS

Stephanie Sinclair
FSS

Melanie Medina
OSS

Free Admission Free Parking

**AirFest 2012
19 & 20 May**

Gates Open at 8am

**Thunder
Over
The Empire**

**U.S. AIR FORCE THUNDERBIRDS ★ PATRIOTS JET TEAM ★ MARINE AV-8 HARRIER JET DEMO
F-18 TACDEMO ★ F-6F HELLCAT ★ ROBOSAURUS ★ JOHN COLLVER "WARDOG" IN THE SNJ-5
TIM WEBER & THE GEICO MXS2 ★ MATT CHAPMAN IN THE EAGLE 580 ★ ROB HARRISON "TUMBLING BEAR"
JON MELBY & THE PITTS "MUSCLE" BI-PLANE ★ SMOKE-N-THUNDER JET CAR ★ DC-10 WATER TANKER 910
KC-135 STRATOTANKER ★ C-17 GLOBEMASTER III ★ GOLDEN STAR PARACHUTE TEAM
F-86 ★ TRAINER PARADE AND GREG COLYER AND THE T-34 DRAGON FLIGHT FORMATION**

No Federal Endorsement of Sponsor(s) Intended

Billeting Hot-line Number!

Members with issues, complaints, or concerns regarding billeting reservations or contracted rooms, or who need to cancel their rooms last-minute can contact the first sergeant's on-call hot line number at (951) 453-7620. The phone line is active beginning Friday afternoon and continuing through the Sunday morning of each drill weekend. To cancel a reservation during the month, please contact your unit lodging POC.

Asian-Pacific American Month

May is Asian Pacific American (APA) Heritage Month—a celebration of Asians and Pacific Islanders in the United States.

In June 1977, Representatives Frank Horton and Norman Y. Mineta introduced a House resolution that called upon the president to proclaim the first ten days of May as Asian/Pacific Heritage Week. The following month, senators Daniel Inouye and Spark Matsunaga introduced a similar bill in the Senate.

In May 1990, the holiday was expanded further when President George H. W. Bush designated May to be Asian Pacific American Heritage Month. May was chosen to commemorate the immigration of the first Japanese to the United States, and to mark the anniversary of the completion of the transcontinental railroad. This year's theme is "Leadership to Meet the Challenge of a Changing World."

Upcoming 1st Sgt. Vacancy

We are expecting to announce a 1st SGT opening in a few months. This is an excellent career development opportunity for MSGts and promotable TSgts. First Sergeants are a vital link between the commander, enlisted personnel, and support agencies. They are responsible for the discipline, morale, and welfare of the enlisted forces; serve as the commander's advisor on personnel programs and family needs. It's a challenging, but very rewarding position. The training and experience 1st SGTs receive is extremely valuable for enlisted leaders. The goal is to integrate them back into their units and/or technical fields after serving as a 1st SGT. I highly encourage personnel to consider applying for 1st SGT positions and focus early on meeting the eligibility requirements.

163 MDG

Customer Service phone number
655-2373

This number is called for appointments, questions, everything.

We also have a group mailbox for documents and e-mailed questions.
163mdg.customerservice@ang.af.mil

163d Chaplain Corps

The Chaplain Corps team is here to help you (any religion) through any challenge, and can be reached at (951) 655-5404, Monday- Friday, 7:30 a.m. to 4:30 p.m. or on the duty cell phone at (951) 236-0496.

Chapel Service Schedule

Protestant Service

Sunday UTA, 6:45 a.m.

Catholic Mass

Sunday UTA, 11 - 11:50 a.m. Father McNally in the Base Chapel.

Catholic Reconciliation

Sunday UTA, 12 - 12:30 p.m. following Mass in the Base Chapel.





Strong Bonds
Building Ready Families

San Diego

21-22 April 2012

21-22 July 2012

Sacramento

24-25 March 2012

28-29 April 2012

23-24 June 2012

18-19 Aug 2012

GET A FREE
WEEKEND
FOR TWO



Along with a ticket to a stronger marriage

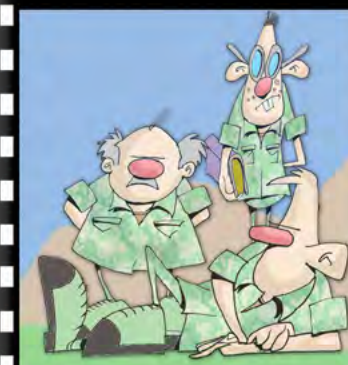


For more information contact your Family Readiness Rep. or Chaplains Office

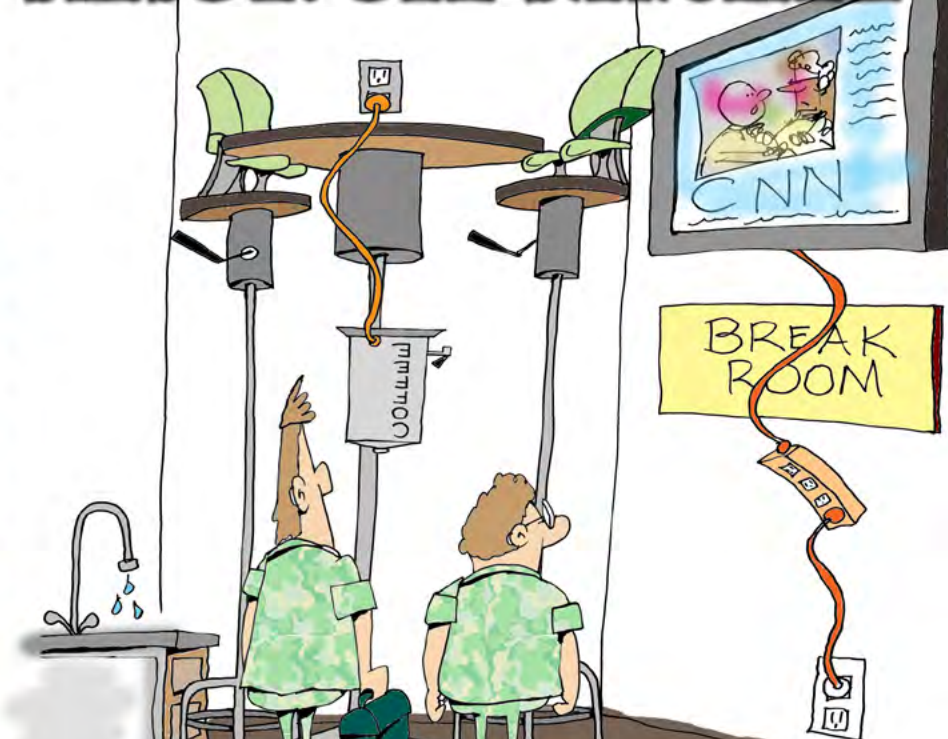
Register @ <http://www.prestoregister.com/cgi-bin/order.pl?ref=Readyfamilies&fm=2>

**OFF
GUARD**

By Master Sgt.
Stan Thompson



**AND THE WINNER IS...
SMSGT. GIL SANCHEZ**



"Whoa, what the heck was C.E. thinking?!"

"Yeah, I know, when are they ever going to fix the faucet?"

OFF GUARD CAPTION CONTEST

So, you think you're funny huh? Well, now its time to prove it. Starting this issue, the Off Guard Caption Contest will commence! Every month we will publish a comic strip without a caption and we leave it you to write in the funniness. If you think you have a winner, email the caption to us and we will feature the winning entry in the following issue of the On Guard. Please remember to EMAIL us your entry. Do not call the PA office with your submission asking if it's funny. If you have to ask, it probably isn't.

RULES:

1. KEEP IT CLEAN
2. KEEP IT POLITICALLY CORRECT
3. KEEP IT FUNNY

Submit your entries to 163rw.pa.straighttalk@ang.af.mil.

We look forward to your entries! Let the games begin!



The **ON GUARD** is proudly published for the members of the 163d Reconnaissance Wing and their families.

Commander

Col. Randall Ball

Public Affairs Office

Lt. Col. Brenda Hendricksen

Capt. Perry Covington

Master Sgt. Stanley Thompson

Master Sgt. Julie Avey

Master Sgt. Laura Bosco

Tech. Sgt. Joseph Prouse

Tech. Sgt. Diane Ducat

Tech. Sgt. Neil Ballecer

The **ON GUARD** is the official newsletter published by and for the members of the 163d Reconnaissance Wing, March ARB, Calif. The contents of the ON GUARD are not necessarily the official views of, or endorsed by, the U.S. government, DOD, Department of the Air Force or the 163 RW.

Commander's Straight talk



The Straight Talk hot line can be reached at (951) 655-4758, or feedback can be emailed to 163rw.pa.straighttalk@ang.af.mil

UPCOMING UNIT TRAINING ASSEMBLIES



Apr	May	June	July
14-15	5-6	2-3	7-8



Contact your supervisor if you are unable to attend

GRIZZLIES MEET THE COMMANDER IN CHIEF



Members of the 163d Civil Engineering Squadron meet President Obama during his visit to the AOR.